

WISCONSIN WIC APPROVED FOODS LIST**Effective November 1, 2004 through October 31, 2007****Wisconsin Women, Infants And Children Nutrition Program****COLD CEREALS - 9 OUNCES OR LARGER (Children & Adults)****Cereals with (*) provide 100% of daily value folic acid**

Combinations of cold, hot, and/or infant cereals not to exceed amount stated on check. Boxes or bags are allowed.

Not Allowed: Single serving packets (unless stated), canisters, low-carb/carbohydrate, organic.**GENERAL MILLS:** Cheerios (Plain), Multi-Grain Cheerios*, Corn Chex, Multi-Bran Chex*, Rice Chex (Plain), Wheat Chex*, Kix (Plain), Total Whole Grain* (Plain), Wheaties (Plain)**KELLOGG'S:** Complete Oat Bran Flakes*, Complete Wheat Bran Flakes*, Corn Flakes (Plain), Crispix (Plain), Special K* (Plain), Mini-Wheats Frosted Big Bite, Mini-Wheats Frosted Bite Size, Mini-Wheats Raisin, Mini-Wheats Strawberry**MALT-O-MEAL:** Frosted Mini-Spooners***POST:** Banana Nut Crunch, Bran Flakes (Plain), Grape Nuts (Plain), Grape Nuts Flakes, Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted**QUAKER:** Life* (Plain), Quaker Squares* (Plain)**STORE BRANDS:** Store brands may be bought for the following types of cereals: Corn Flakes (Plain); Crisp or Crispy Rice (Plain; not Rice Krispies); Frosted Shredded Wheat (Bite Size; not Post); Tasteeos or Toasted Oats (Plain)**HOT CEREALS (Children & Adults)****Cereals with (*) provide 100% of daily value folic acid**

Combinations of cold, hot, and/or infant cereals not to exceed amount stated on check.

CoCo Wheats, Malt-O-Meal (Original* - Plain, Chocolate*), Nabisco Cream of Wheat (Plain -- 1 Minute, 2 ½ Minute, 10 Minute, Instant Plain in packets only), Quaker Instant Grits (Original and all flavors in packets), Quaker Instant Oatmeal (Plain in packets only), Farina (by Farina Mills), Store Brand Instant Oatmeal (Regular flavor, packets only)

Not Allowed: Single serving packets (unless stated), canisters, low carb/carbohydrate, organic.**JUICE (Infants, Children and Adults)**

100% juice, unsweetened, pulp and pulp-free; added vitamins and minerals such as calcium.

Not Allowed: Drinks, cocktails, beverages, sweetened, organic, reduced/low-acid, glass bottles, boxes, unfrozen concentrate, infant juices, refrigerated cartons unless stated on the check.**46 oz. Can or Plastic Bottle****All Flavors:** Juicy Juice and Northland**Apple:** Indian Summer, Musselman's, Speas Farm, Tree Top, Hy-Top, Parade, and Shurfine**Grape:** Welch's 100% Grape and Welch's 100% White Grape**Grapefruit (White, Pink or Red):** Any Brand**Orange:** Any Brand**Orange-Grapefruit:** Any Brand**Pineapple:** Any Brand**Tomato:** Campbells (Any variety except Organic), Del Monte, Red Gold (Plain)**Vegetable:** Red Gold, Campbells V8 (Any variety except Splash and Spicy Hot)**Frozen Concentrate - 11.5 - 12 oz. Container****All Flavors:** Dole (100% Juice Only), Minute Maid (100% Juice Only), Old Orchard (100% Juice Only), Welch's (all flavors with yellow tear strip)**Apple:** Langers, Seneca, Tree Top, Best Yet, Cub, Flavorite, Food Club, Hy-Top, IGA, Our Family, Parade, Roundy's, Shurfine**Grapefruit (White, Pink or Red):** Any Brand**Orange:** Any Brand**DRIED BEANS, PEAS, LENTILS**

All types, mixed, bulk. 16 oz. (1lb.) or less bags.

Not Allowed: Fresh or frozen, added ham bits, seasoned, organic, canned unless stated on check.**PEANUT BUTTER**

18 oz or less. Glass and plastic containers. All brands of creamy, crunchy, extra-crunchy, natural or old-fashioned, low sodium/salt, reduced/no sugar.

Not Allowed: Peanut butter with jam, jelly, honey, marshmallow, chocolate, fruit, or added vitamins; whipped; peanut spread; peanut butter in tubes or sticks; honey roasted; reduced fat; peanut butter from health food, diet or refrigerated sections, organic.**(OVER)**

CHEESE

Various sizes. Reduced fat is allowed. Quantity is stated on the check.

Blocks: American, Brick, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss (and baby swiss), Mixtures of cheese listed (such as cojack)

Other: American (sliced but not individually wrapped), cheese curds, string cheese (not individually wrapped)

Not Allowed: Reduced sodium, reduced cholesterol, grated, shredded, sliced (except American), diced, whips, waves, cubes, sticks, cheese foods, spreads, products, specialty, smoked, herbed, flavored, cheese from deli, imported, organic, kosher unless stated on check.

EGGS

White, brown, any grade, any size. 1-dozen carton. Pasteurized in shell allowed.

Not Allowed: Low cholesterol, reduced fat, enhanced, vegetarian, organic, natural, from cage free or free range chickens, increased vitamin E (for example, Eggland's Best) or any other modified or specialty eggs; dried egg mix.

MILK

Plastic, cartons, bottles, gallon bags, 1/2 gallons or gallons clipped together by manufacturer, rBGH & rBGH-free.

White milk: Gallon only, unless stated on check.

When stated on check:

Lactose-Reduced/Lactose-Free (including calcium fortified): Quart or half-gallon

Non-Fat Dry: 8-10 quart box

Evaporated: 12 oz can

Not Allowed: Flavored, goat's milk, organic, acidophilus, buttermilk, soy, rice, low cholesterol, protein fortified, UHT, milk with added ingredients (for example, Skim Delux), deposits for bottles, quarts or half-gallons unless stated on check, kosher unless stated on check.

INFANT CEREALS

8 or 16 oz boxes only. All brands, any grain, mixed grains.

Not Allowed: Added fruit, yogurt or formula; single serving packets; jars; organic; toddler cereals.

FORMULAS

Includes formulas for infants and some children; liquid nutrition products for some women.

Only the brands, types, and amounts stated on the check.

The following food items are allowed ONLY when listed on the check.

Juice with Added Calcium: 100% juice, unsweetened, pulp and pulp free; added vitamins and minerals.

64 oz Refrigerated Carton

Orange: All brands

Grapefruit: All brands

Blends: All brands

Not Allowed: Juice without added calcium, beverages, cocktails, drinks, organic.

Juice: 100% juice, unsweetened

5.5 - 6 oz Can (in six-packs)

Orange: All Brands

Grapefruit (white, pink or red): All Brands

Pineapple: Dole

Blends: Dole

Not Allowed: Beverages, cocktails, drinks.

Tuna: Size is stated on the check. Canned, light tuna

Not Allowed: Albacore, white, solid, fillet, pouches, reduced or low-sodium, select.

Carrots: Whole fresh carrots, peeled baby carrots, frozen or canned carrots.

Not Allowed: Sliced or cut fresh carrots; organic.

Canned Beans and Peas: 16 oz or less cans only. Plain peas and beans (such as black-eyed peas and kidney beans), refried beans, baked beans, pork and beans, and vegetarian baked beans.

Not Allowed: Beans with sauces, seasonings, meat or other vegetables. Green peas; green, snap, wax and yellow beans; bean and pea soups/chili.